DAY 2 AVALANCHE WEEK

BURIED ALIVE

IN PART 2 OF 5, METRO TAKES A LOOK AT ONE MAN'S NEAR-DEATH EXPERIENCE IN THE B.C. BACKCOUNTRY THAT CONTINUES TO LURE MANY PAGES 4 & 5

'Throwing myself into the gauntlet'

Ashton Kutcher dishes on his transformation into Steve Jobs, including a brief hospital stay, for the movie jOBS PAGE 9

REGINA metro®

Tuesday, January 29, 2013

News worth sharing.

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Global day of action in the city highlights diversity

Idle No More. Supporters of the movement gather for speakers, marches in Regina and beyond

ALYSSA MCDONALD
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Idle No More supporters gathered for events across Saskatchewan on Monday as part of a day of action that was met with a global response.

"Just knowing that there are millions of people right now celebrating this global event, it gives me more spiritual connection around the world," said Chasity Delorme, one of the organizers of Regina's event called Celebrating Idle No More Diversity.

Although traditional marches were planned in Saskatoon, Fort Qu'appelle and Yorkton, more than 200 supporters in Regina stayed inside and crowded into a room at the Conexus Arts Centre for a diversity seminar aimed at educating people about the issues behind the Idle No More movement. Speakers included a human-rights lawyer, an environmentalist and a political refugee.

"The main goal is to express the diversity of the issues that are at hand regarding the bills," Delorme said. "It's not just an aboriginal issue — we do have concerns with our lands and our treaties — but there are other issues beneath that which affect all Canadians."

Delorme says she organized the event to spread awareness about the core issues, which led four women in Saskatoon to start the movement. Delorme says founder Sylvia McAdam was invited to England to speak on the Idle No More national day of action, demonstrating how the movement has expanded from a local talk to a global conversation.

More than 30 events were held throughout the country, as well as in U.S. cities such as New York, Las Vegas and Boston.

Idle No More protesters march in Saskatoon on Monday as part of the movement's global day of action, which saw supporters from across the province and around the world come together to keep Idle No More's momentum going. MORGANMODJESKI/METRO IN SASKATOON

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New stadium design and funding model approved

Roughriders' new home. Stadium plan includes 33,000 seats, sunken-bowl design and later the option of a retractable roof

JEFF MACKEY
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The Saskatchewan Roughriders' new home is one step closer to becoming a reality.

When Regina City Council sat on Monday night, the fate of the often-divisive new stadium had a couple of important votes ahead regarding its future.

Included in the nine-page meeting agenda were items crucial to the Regina Revitalization Initiative (RRI) and the new stadium.

"This will be a truly community facility," said Mayor Michael Fougere on the new stadium. "The end result of this design will be an incredibly innovative stadium used by the community, and the Riders too, that will benefit us for years to come."

Approved at the meeting was the stadium's funding model and the stadium's concept design.

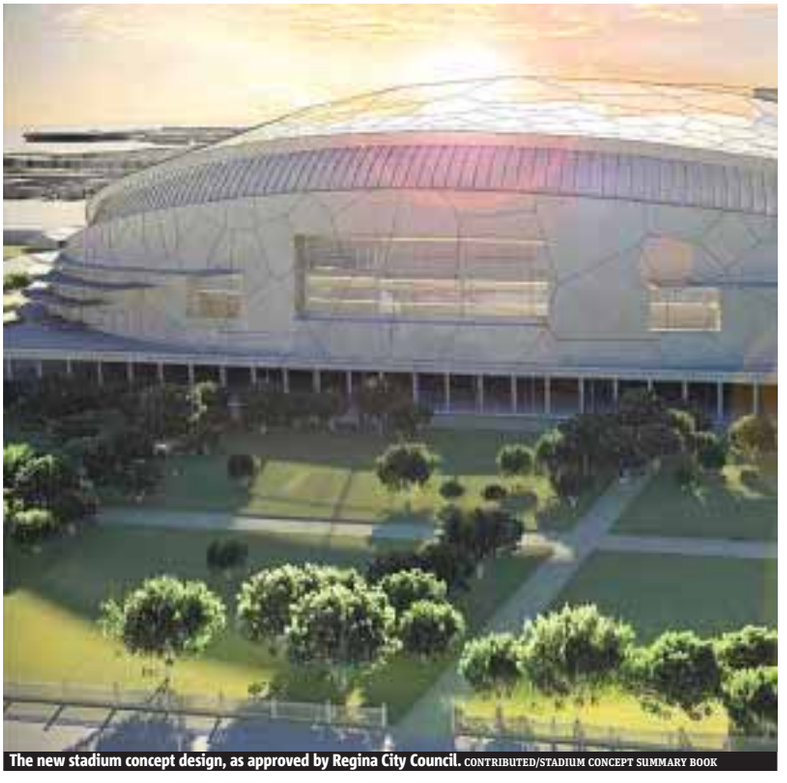
"This is the beginning stages of a very exciting revitalization for downtown, and I am looking forward to supporting it," said Fougere.

Not all at the meeting were in favour of the legislation regarding the RRI. A small protest took place outside city hall prior to the meeting, and throughout the evening council heard from citizens with concerns regarding the stadium.

"I am not sure that we have researched all of our options," said Coun. Shawn Fraser, the lone dissenting vote on funding and design.

The stadium has an open-air, 33,000-seat, sunken-bowl design with the option of adding a retractable roof in the future. It became a major issue in this fall's mayoral election; Mayor Fougere campaigned on a pro-stadium platform.

Another RRI topic on the docket Monday was the purchase of the CP Lands — this vote took place after Metro's print deadline. For more details on last night's city council meeting, visit metronews.ca.



The new stadium concept design, as approved by Regina City Council. CONTRIBUTED/STADIUM CONCEPT SUMMARY BOOK

Three cheers for beers in the Queen City

Bushwakker will serve its famous blackberry mead at this year's Festiv-Ale on Feb. 1 and 2 at the Conexus Arts Centre. ALYSSA MCDONALD/METRO

Regina will be celebrating its beer culture by having a beer.

Festiv-Ale, the annual brewers' expo, comes to Regina this weekend, offering more than 25 exhibitors, including many local brewpubs.

"We think that beer festivals are really important, especially when the people that go to beer festivals like to try different products," said Grant Frew, promotions manager at Bushwakker Brewpub, which will have three different kinds of brew at the event.

Bushwakker is one of 15 brewpubs located in the Queen City limits. Despite the homemade brew being easy to find at pubs and restaurants, Regina does not have a microbrewery.

Byron Wiebe has been trying to start up a microbrewery for about two years and finally thinks his business venture with partner Jay Cooke will be Regina's first. The duo says they have spent the last six months building up the venue, District Brewing, which is set to open in March.

Cooke, a brewer with 10 years of experience, says the style of beer they will offer is helles, a 100 per cent malt lager, "pretty much the everyday beer of Munich."

Although they won't brew their first batch until March, District Brewing is looking forward to joining the beer culture in Regina. They feel that after bigger beer companies left, there was a big whole to fill.

"I would love to brew a beer that people are loyal to," said Cooke. ALYSSA MCDONALD/METRO

More beer, no fear

"If there are more local brewers making good beer, it's just good for all of us."

Grant Frew, promotions manager at Bushwakker Brewpub

Duration unknown

Medical centre closed for safety

Invermay Health Centre in eastern Saskatchewan has been closed due to structural issues and mould. All long-term residents and staff are being moved. There's no word on how long repairs may take. CTV REGINA/THE CANADIAN PRESS

Water-main break

Boil-water advisory in Prince Albert to last for several days

It could be at least Wednesday before a boil-water advisory is lifted for a rural area around Prince Albert.

The advisory was issued last Thursday and affects users of the Prince Albert Rural Water Utility who live south of Highway 302 East, and it stretches down to the South Saskatchewan River.

A water-main break was the cause, and a spokesperson for the utility says there have been delays in getting test samples back.

People should boil their water for at least a minute before drinking, brushing their teeth or washing dishes. CKBI/THE CANADIAN PRESS

Sustained injuries

Canine unit takes down three men charged in robbery

Regina police have charged three men with attempted robbery after they attempted to steal an occupied truck.

Police responded to the robbery just after 3 a.m. Monday at the corner of 7th Avenue and McTavish Street. The suspects fled on foot but were tracked by a canine-unit officer. Medical attention was needed for the suspects, who sustained injuries while being apprehended by the canine unit.

Brandon Bellegarde, 18, Dale Descharmbault, 24, and Colin Stonechild, 19, have all been charged with robbery and mischief under $5,000. METRO

Flight. Monkey in rocket launched into space: Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body protection and being strapped tightly into a pod that resembled an infant's car seat.

The photos draw historical links to the earliest years of the space race in the 1950s, when both the U.S. and Soviet Union tested the boundaries of rocket flight with animals on board, including American capsules carrying monkeys and Moscow's crafts holding dogs. Many of the animals on the flights perished because of equipment failure or technology unable to cope with re-entry from orbit.

In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch. THE ASSOCIATED PRESS

Iran has long said it seeks to send an astronaut into space as part of its ambitious aerospace program, which includes plans for a new space centre announced last year. In 2010, Iran said it launched an Explorer rocket into space carrying a mouse, a turtle and worms.

The U.S. and its allies worry that technology from the space program could also be used to develop long-range missiles that could potentially be armed with nuclear warheads. Iran denies it seeks atomic weapons and claims it is pursuing nuclear reactors only for energy and medical applications.

THE ASSOCIATED PRESS

Neglect, errors contributed to Brazil nightclub blaze

231 dead. No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

THE ASSOCIATED PRESS

Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANA/THE ASSOCIATED PRESS

Soldier 'really excited' to get double-arm transplant

The first soldier to survive after losing all four limbs in the Iraq war has received a double-arm transplant.

Brendan Marrocco had the operation on Dec. 18 at Johns Hopkins Hospital in Baltimore, his father said Monday. The 26-year-old Marrocco was injured by a roadside bomb in 2009.

He also received bone marrow from the same dead donor who supplied his new arms. That novel approach is aimed at helping his body accept the new limbs with minimal medication to prevent rejection.

The military is sponsoring operations like these to help wounded troops. About 300 have lost arms or hands in the wars.

"He was the first quad amputee to survive" from the wars in Iraq and Afghanistan, and there have been four others since then, said Marrocco's father, Alex Marrocco. "He was really excited to get new arms."

The Marroccos want to thank the donor's family for "making a selfless decision ... making a difference in Brendan's life," the father said.

Surgeons plan to discuss the transplant at a news conference with the patient on Tuesday.

The 13-hour operation was led by Dr. W.P. Andrew Lee, plastic surgery chief at Johns Hopkins, and is the seventh double-hand or double-arm transplant done in the United States. Lee led three of those earlier operations when he previously worked at the University of Pittsburgh, including the only above-elbow transplant that had been done at the time, in 2010.

Marrocco's "was the most complicated one" so far, Lee said in an interview Monday. It will take more than a year to know how fully Marrocco will be able to use the new arms, Lee said.

"The maximum speed is an inch a month for nerve regeneration," he explained. "We're easily looking at a couple years" until the full extent of recovery is known.

While at Pittsburgh, Lee pioneered the novel immune suppression approach used for Marrocco. The surgeon led hand transplant operations on five patients, giving them marrow from their donors in addition to the new limbs. All five recipients have done well and four have been able to take just one anti-rejection drug instead of combination treatments most transplant patients receive.

Minimizing anti-rejection drugs is important because they have side effects and raise the risk of cancer over the long term. Those risks have limited the willingness of surgeons and patients to do more hand, arm and even face transplants. Unlike a life-saving heart or liver transplant, limb transplants are aimed at improving quality of life, not extending it.

Quality of life is a key concern for people missing arms and hands — prosthetics for those limbs are not as advanced as those for feet and legs.

Lee has received funding for his work from AFIRM, the Armed Forces Institute of Regenerative Medicine, a cooperative research network of top hospitals and universities around the country that the government formed about five years ago.

THE ASSOCIATED PRESS

In this July 4, 2012, photo, Army Sgt. Brendan Marrocco of Staten Island, N.Y., poses for a picture at the 9-11 Memorial in New York. Marrocco, 26, the first soldier to survive losing all four limbs in the Iraq war, has received a double-arm transplant in Baltimore. SETH WENIG/THE ASSOCIATED PRESS FILE

Possible change

U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

Media

Rupert Murdoch apologizes for 'offensive' cartoon of Netanyahu

Media baron Rupert Murdoch has apologized for a Sunday Times cartoon depicting Israeli leader Benjamin Netanyahu building a wall using blood-red mortar, an image Jewish leaders said was reminiscent of anti-Semitic propaganda.

The political cartoon, which was published on Holocaust Memorial Day, shows Netanyahu wielding a long, sharp trowel and depicts agonized Palestinians bricked into the wall's structure. It was a comment on recent elections in which Netanyahu's ticket narrowly won. THE ASSOCIATED PRESS

Politics

Obama asks police chiefs to help pass gun legislation

U.S. President Barack Obama on Monday asked police officials from the three communities hardest hit by mass shootings last year for help in getting Congress to pass tough new gun legislation.

At a White House meeting, Obama said that no group is more important in the gun debate and he said he recognizes the issue "elicits a lot of passion all across the country." But Obama also said he believes Congress will respond to appeals from police.

The president's meeting comes as he tries to build support for gun control legislation. THE ASSOCIATED PRESS

Call of the mountain lures powder hounds

Extreme winter-sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains

KATE WEBB
Metro in Vancouver

Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

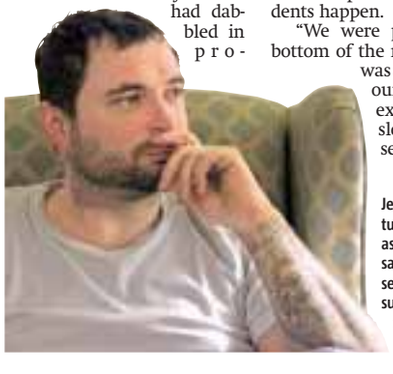
"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in professional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.



Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one. MATT KIELTYKA/METRO IN VANCOUVER

BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

Waiting to be rescued

> **"I kind of just lost that hope for the last minute and went to sleep."**
> Jeremy Hanke

"There's one rule in the backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.

DAY 2
THE RISK

Tomorrow: The Rescuers
Meet the two- and four-legged frontline avalanche responders.

BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

Exclusively online

Jeremy Hanke
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/backcountry.

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.
DYLAN LABELLE/FOR METRO

Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.
CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: Spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIELTYKA/METRO IN VANCOUVER

A slice of Canadiana

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users," he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of avalanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With $200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIELTYKA/METRO IN VANCOUVER

Backcountry by the stats

14
The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

7,000
The number of people who take Avalanche Skill Training courses each year.

1.4M
The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

124%
The increase in users at Glacier National Park from 2009 to 2012.

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** No purchase necessary. Contest is open to legal residents of British Columbia, Alberta, Saskatchewan and Manitoba who have reached the age of majority in the province in which they reside at the time of entry. No employees, agents or representatives of The Bank of Nova Scotia and their respective agents, affiliates, subsidiaries, related companies, advertising or promotional agencies, or assignees; or a member of the household and/or immediate family of any of the above parties are eligible to participate in the contest. Visit scotiabank.com/giccontest for entry details and full rules. Contest starts at 12:01 a.m. on January 14, 2013 and ends at 11:59 p.m. on January 31, 2013. Odds of winning a prize depend on the total number of eligible entries received. Correctly answering a skill testing question required. Limit one prize per customer.

Protesters run for cover during clashes with riot police near Tahrir Square, Cairo. KHALIL HAMRA/THE ASSOCIATED PRESS

Morsi fails to keep Egypt from revolt

Five days of violence. Nighttime curfew and army presence don't prevent protests, riots

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiraling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night, with police firing tear gas near Qasr el-Nil Bridge. In nearby Tahrir Square, protesters set fire to an armoured personnel carrier.

To the end

"I will be coming back here every day until the blood of our martyrs is avenged."

Islam Nasser, 19, wearing a Guy Fawkes mask as he battled police in Tahrir Square.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. THE ASSOCIATED PRESS

Plane crash

Memorial service held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The U.S. National Science Foundation said the men made the ultimate sacrifice while supporting research in a hostile environment. THE CANADIAN PRESS

Mexico

Ten bodies pulled up from well

Searchers pulled 10 bodies from a well in Mexico on Monday, near the site where 20 members of a music group and its crew disappeared last week, according to a forensic official. THE ASSOCIATED PRESS

Netherlands. Queen to abdicate, leaving throne to first king in a century

Dutch Queen Beatrix announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

The announcement comes just days before Beatrix's 75th birthday and she is already the oldest ever Dutch monarch: the pragmatic Dutch do not see being king or queen as a job for life. The nation also celebrates the 200th anniversary of its monarchy, the House of Orange, at the end of this year.

Observers believe she remained on the throne for so long in part because of unrest in Dutch society as the country struggled to assimilate more immigrants, mainly Muslims from North Africa, and shifted away from its reputation as one of the world's most tolerant nations. THE ASSOCIATED PRESS

Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968. MARIO TORRISI/THE ASSOCIATED PRESS FILE

Credit crunch. Visa suffers temporary nationwide outage

Visa's credit card system was once again working around 5 p.m. Monday after it crashed earlier in the afternoon, leaving Canadians to reach for their billfolds.

"Visa is 100 per cent operable. The visa network is working," a Visa spokesperson said. "The issue is with a third party provider and we will be issuing a more detailed statement soon."

Royal Bank of Canada and TD Canada Trust said their customers were among those affected by the nationwide outage.

"The system is down for Visa credit card transactions," a recorded voice at CIBC customer service said earlier Monday afternoon. "The issue is being investigated and we hope to resolve the issue as soon as possible."

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

Canadians flocked to social media on Monday afternoon to complain that their Visa cards were being declined. GETTY IMAGES FILE

Music streaming. Rdio offers free access for six months

In a bid to boost its market share amongst Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months.

"We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was started by one of the creators of Skype, and launched across North America in 2010. Since then, their online library has grown to include over 18 million songs.

"With streaming music, there still isn't a huge amount of awareness," Segal said. "I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost $4.99 a month for unlimited web streaming, or $9.99 for unlimited web and mobile access.

LUKE SIMCOE/METRO

Market Minute

DOLLAR
99.35¢
(Unchanged)

TSX
12,815.91 (-0.71)

OIL
$96.44 US (+56¢)

GOLD
$1,652.90 US (-$3.70)

Natural gas: $3.27 US (-17¢)
Dow Jones: 13,881.93 (-14.05)

One-percenters rake in tenth of Canada's income

Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest about income disparity. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least $201,400 in 2010.
TORSTAR NEWS SERVICE FILE

Income disparity.
StatsCan data shows gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least $201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent." THE CANADIAN PRESS

Rich women

53,200

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

Consumer protection

CRTC puts cell-bill complaints into 1st draft of code

Consumers are asking for clear language in their cellphone contracts and want to be able to put a cap on extra fees, says a draft of a national code for the wireless industry, released Monday by the Canadian Radio-television and Telecommunications Commission.

Thousands of Canadians have contributed their ideas to the process so far, but the telecom regulator is still seeking input.

It wants to know what consumers think of the draft, and will hold public hearings the week of Feb. 11. Online comments are open until Feb. 15.

THE CANADIAN PRESS

NEED A RIDE?
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CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books, DVDs and housewares, but mostly, there were clothes. Oh, the clothes; piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts; some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted cast-offs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes and eyed each other competitively as they ravaged the mounds of silky blouses and novelty printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

Swap till you drop

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a $39.99 pair of "leather" leggings.

Human beings spend more than $1 trillion a year on clothing worldwide — an estimated one third of those consumers come from North America. A significant percentage of this industry can be accredited to the enticing appeal of the ill-fitting runway knockoffs churned out en masse by monolithic European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly-constructed trendy clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers. Not only for ethical and environmental considerations, but because it would be nice if our clothes didn't expire faster than a container of yogurt.

Fashion Star today, cast-offs tomorrow.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica Napier on Twitter @MetroSheSays

A whale of a suite deal

CHRISTIAN STROMQVIST

Carving out a niche

Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

BLUE's point of view

"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."
Rachel Etherington, managing director at Blue Marine Foundation

Totally chill design

- **Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona ($506).
- **Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30 degrees outside.
- **Melting.** The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

Taking stock

'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

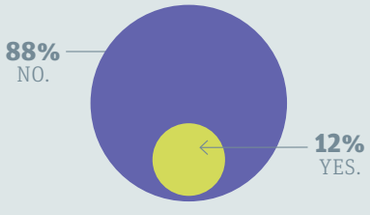
"If we set up 'no take zones', such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?



Twitter

@patzombie: Forget this stupid stadium! Build another hospital. It's needed more than the stadium. #YQR #cdnpoli #skpoli

@the_craigen: Will those opposed to the stadium ever get organized enough for civil disobedience? It's clear at this point that #yqrcc isn't listening.

@sammaciag: Mortified. Just tried to open the passenger door of someone else's SUV that is identical to mine. Worst part? The driver was still in it.

@joel_sopp: I've lived in North Central, 1 block from The Jolly Roger. The neighbours make up the hood. The hood does not make up the neighbours. #YQR

@wilkie2a: Back to enjoying life's luxuries in #yqr — dry skin, lips and hair. #blessed

metro
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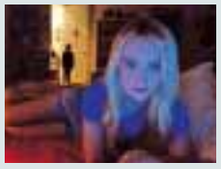
DVD review



Paranormal Activity 4

Director. Henry Joost, Ariel Schulman

Stars. Kathryn Newton, Katie Featherston, Alexandra Lee

●●●○○

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL

Ashton Kutcher stars in jOBS, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

Kutcher up to the jOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBS — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rick Ross is in all sorts of trouble, as is the delightful Chris Brown

THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much.

Also on Monday, but on a different coast, Chris Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys.

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.

Randy Quaid

Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

Ben and Jen trying to keep kids out of the biz

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

Ben Affleck and Jennifer Garner

ALL PHOTOS GETTY IMAGES

Twitter

@ParisJackson
is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head

@arnettwill
just saw one of those commercials for milk. glad they have those. almost forgot what milk was.

@ABFoundation
Disregard that last tweet. Someone hacked me.

@Bitchuation
The USA is the Las Vegas of the world.

Health

Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise, especially after meals, the journal of the American College of Sports Medicine reports.

Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of Medicine & Science in Sports & Exercise.

MEREDITH ENGEL, MWN

Don't be that kind of gym rat

Etiquette. How to deal with annoying people during your daily workout and how not to become one of the offenders

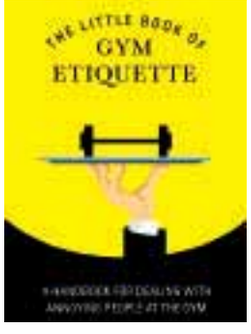
LINDA CLARKE
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it.

"People go to the gym to focus on themselves," Pines says.



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

"That's what it's all about — but you have to be aware of your impact on others around you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."

Miracle onion cure lacks its purported magic

MEREDITH ENGEL
Metro World News

It sounds like such a simple solution for fending off the dreaded flu: leave a peeled onion around your house, and it'll absorb any flu virus that's flying around.

Not so much, says Kim Reddin, the director of public and industry relations at the U.S. National Onion Association.

She says the rumour is an old wives' tale that has taken on new vigor in the wake of this year's flu epidemic.

"For you just to cut an onion open and have something leap onto it, germs don't behave that way," she says. "They have to live in some moist environment. There isn't any food product that's a magnet (for) bacteria."

Reddin is quick to dispel a chain letter that's currently circulating, saying that the "facts" in it — that leftover onions are poisonous and that leaving them out is a way to fight off the flu — came from different sources.

The idea of leftover onions being poisonous came in 2008 from a blogger who had her facts wrong about food safety.

In 2009 or 2010, Reddin says, the second claim was added to the letter: that a peeled onion can absorb the bacteria that leads to the flu.

"There's no scientific evidence that this really works," she says.

"This stems from a very old wives' tale, before people even had discovered what these bacteria were. They believed that putting garlic and onions in your home was a way to fight off evil spirits, vampires and illnesses."

Massachusetts-based microbiologist Dr. Ted Myatt was quick to second Reddin's thoughts.

"(It's) pure fiction, as you might imagine. The thought (was) that the plague was caused by 'noxious air' and that the onions absorbed the bad air. After the plague, this same remedy was used for smallpox and influenza. But unfortunately, onions do not absorb microorganisms and can not 'purify' the air."

But there is one piece of information in the aforementioned chain letter that's indeed true: that onions are harmful to dogs.

"Dogs and cats can get extremely ill if they eat onions, and the bottom line is your pets should not eat table scraps," Reddin says.

LIFE 3

Tropical escape on a plate: Swordfish with Mango Salsa

ROSE REISMAN
for more, visit
rosereisman.com

Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

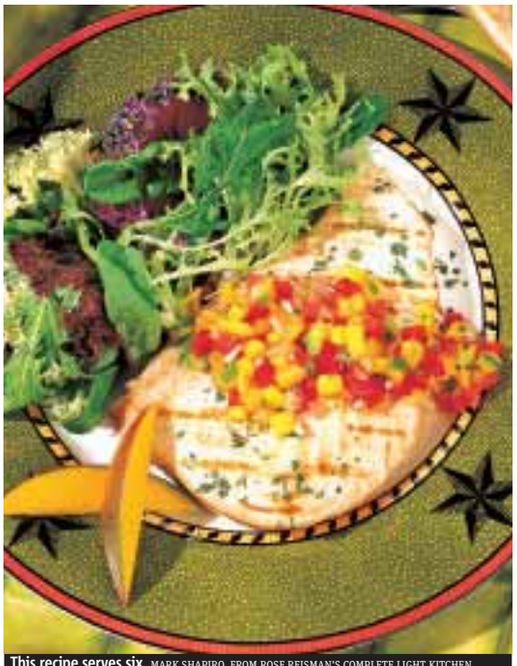
3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Prep time: 15 minutes
Cook time: 10 minutes

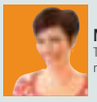
- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp orange juice concentrate
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Good ol' topical coffee



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in the tub while it is running. You can save this tea sack for two or three days and use a few times over.

Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Take your taste buds to Mexico with Baked Burritos

Pantry staples like canned beans and pasta sauce are combined with fresh shredded veggies to create a delicious and nutritious baked burrito that kids and adults will love.

Look for "no fat" and "no added oil" when shopping for healthier pasta sauce options. Plus, stock up on spices. Cayenne pepper adds the Mexican flare without adding sodium.

Want to quickly add more protein to your burritos without the extra sodium? Use downtime to roast a whole chicken. Remove meat and store in your fridge. Freeze the bones for when you have spare time to make your own, low-sodium chicken broth.

1. Preheat oven to 375 F (190 C); place tortillas on working surface.

2. On each tortilla, evenly spread 1/4 cup (50 ml) beans; top with 1/4 cup (50 ml) each: shredded carrots, zucchini and diced chicken. Top with 1/8 cup (30 ml) Healthy Choice Traditional pasta sauce. Roll each tortilla around ingredients and place seam-side down in ovenproof baking dish.

3. Top with 1 cup (250 ml) Healthy Choice Traditional pasta sauce and shredded cheese and sprinkle with 1/8 tsp. (0.6 ml) cayenne pepper (optional); bake for 20 minutes or until cheese is melted and tortillas are slightly browned.

4. Garnish with freshly chopped cilantro and serve with an optional side of guacamole.

NEWS CANADA/HEALTHYCHOICECANADA

Ingredients

- 2 small 6-inch (15 cm) low sodium multi-grain flour tortillas
- 1/2 cup (125 ml) low sodium refried beans
- 1/2 cup (125 ml) each shredded carrots and zucchini
- 1/2 cup (125 ml) diced cooked chicken
- 1 1/4 cup (300 ml) Healthy Choice Traditional pasta sauce, divided
- 4 tbsp (about 1/2 cup/ 125 ml) shredded cheese
- 1/2 tsp (1.25 ml) cayenne pepper (optional)
- 1 tbsp (15 ml) finely chopped cilantro, for garnish
- 1/4 cup (50 ml) guacamole (optional)

This recipe serves one. NEWS CANADA

COR
U CHOOSE
"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around"
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Try to have a 'good' fight with your partner

Discover what's really wrong. Couples will often fight about petty things while the real source of their anger remains hidden

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

The main offenders

Things that couples fight about the most

- Money
- Free time
- Sex
- Household chores
- The children or pets
- Politics
- Religion

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved.

But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-seated fears.

They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up.

Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them.

METRO NEW YORK

Find sense among the screams: Discover the real reason why you fight with your partner. ISTOCK PHOTO

Avoid the stress of RRSP season

Alison on Money. Setting up an automatic contribution plan will help you deal with this stressful time

YOUR MONEY
Alison Griffiths
money@metronews.ca

RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is $22,970.

However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited. Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

In numbers

$69,426.19

The value of $100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Fitting the lottery into your plan

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how $20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing $25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP. If you started contributing $25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have $335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total $670,000 by retirement. (Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

‘Superman’ Simon lands in Saskatchewan

CFL. Legendary receiver still believes he’s elite and plans on ‘proving that’ with Roughriders

JEFF MACKEY
jeff.mackey@metronews.ca

A CFL career receiving-yardage leader will be wearing the Green and White next season, and he couldn’t be happier about it.

“This is an opportunity to play football in a city where football is king in Canada, and that is what I wanted,” said Geroy Simon, in the Roughriders dressing room on Monday.

The 37-year-old receiver has been playing with B.C since 2001 and has 15,787 career receiving yards in his 14 CFL seasons.

“I never thought that I would leave B.C and I never thought I would be a Saskatchewan Roughrider, but with that said I am really excited,” said Simon. “I think I did everything I could do in B.C and it was just time to move on.”

Simon, nicknamed Superman during his days in B.C., will be joining a young but ambitious franchise in the prairies in the twilight of his career. But he says his age is not going to be a major factor next season.

“I know I am going to play this year and I am going to give it 100 per cent,” said Simon. “I still believe I am an elite receiver and I plan on proving that.”

Simon will continue to wear No. 81 as a Rider, the same number as Roughrider legend Ray Elgaard.

“It means a lot because the guy who wore it before me was great,” said Simon. “I am not trying to replace the former 81, I am a different version; I am going to bring something different, but also something the same in winning.”

Geroy Simon, nicknamed Superman, addresses the media in Mosaic Stadium on Monday. JEFF MACKEY/METRO

Aging Sharks still look like apex predators

Patrick Marleau and Joe Thornton have found the perfect way to silence the talk about whether their window for success is closing in San Jose.

With Marleau scoring goals at a record pace to start the lockout-shortened season and Thornton at his playmaking best, the Sharks have won their first five games to get off to the best start in franchise history.

The fast start comes nine months after an early finish last season when the Sharks were eliminated in five games by the St. Louis Blues in Round 1 of the playoffs. The step back after two straight trips to the Western Conference finals raised questions about whether a club led by 33-year-olds Thornton and Marleau had missed its opportunity to win a Stanley Cup.

Patrick Marleau, from Aneroid, Sask, celebrates his goal against the Canucks on Sunday night in San Jose. TONY AVELAR/THE ASSOCIATED PRESS

“Every year you have to earn respect,” Thornton said Monday. “It’s not given to you. We’ve had good years in the past. Obviously, people might be doubting us a little but this year just because people say, ‘You guys are getting old, you’re 33, Joe and Patty.’ We still have lots left in the tank. We still feel like we’re one of the elites in the West.”

They have done that so far, winning their first five games in commanding fashion. San Jose has outscored its opposition by 15 goals and is the third team in NHL history to win its first five games by at least two goals.

By the numbers

9

With nine goals and four assists, Patrick Marleau is tied with teammate Joe Thornton (three goals, 10 assists) for the NHL scoring lead and has single-handedly outscored San Jose’s opponents 9-8.

The Sharks have the top line of Thornton, Marleau and Joe Pavelski to thank for the early success.

Marleau became the first player in nearly a century to score at least two goals in the first four games, joining Ottawa’s Cy Denneny in 1917-18 as the only NHLers ever to achieve that feat. Marleau added a ninth goal in Sunday night’s 4-1 win over Vancouver, even though the streak of two-goal games came to an end.

“It’s something that was fun,” Marleau, am Aneroid, Sask, native said. “It was helping the team. It was kind of special. The pucks are bouncing right at the right time and going off me. It was fun.”

THE ASSOCIATED PRESS

Golf

Tiger takes another one at Torrey Pines

Tiger Woods is a winner again at Torrey Pines, and the only question Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus and his patience during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory.

He won the tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times. It was the eighth time Woods won at Torrey Pines, which includes his 2008 U.S. Open win.

Woods built a six-shot lead with 11 holes to play when the final round was suspended Sunday by darkness. THE ASSOCIATED PRESS

Tiger Woods celebrates Monday’s win at Torrey Pines in La Jolla, Calif. GETTY IMAGES

NHL

Subban strikes deal to stay a Hab

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, $5.75-million US contract on Monday.

He will make $2 million the first year after having earned $875,000 last season on an entry-level contract.

THE CANADIAN PRESS

NHL

Bruins bust tie late vs. Hurricanes

David Krejci scored a tie-breaking goal with 1:50 left and the Boston Bruins beat the Carolina Hurricanes 5-3 on Monday night. Zdeno Chara had a goal and two assists, Nathan Horton had a goal and an assist, Tyler Seguin had an empty-netter and Brad Marchand scored a short-handed goal for the Bruins. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

♊ Gemini
May 22 - June 21
You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

♋ Cancer
June 22 - July 23
It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

♌ Leo
July 24 - Aug. 23
You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

♍ Virgo
Aug. 24 - Sept. 23
Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

♎ Libra
Sept. 24 - Oct. 23
You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

♏ Scorpio
Oct. 24 - Nov. 22
You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

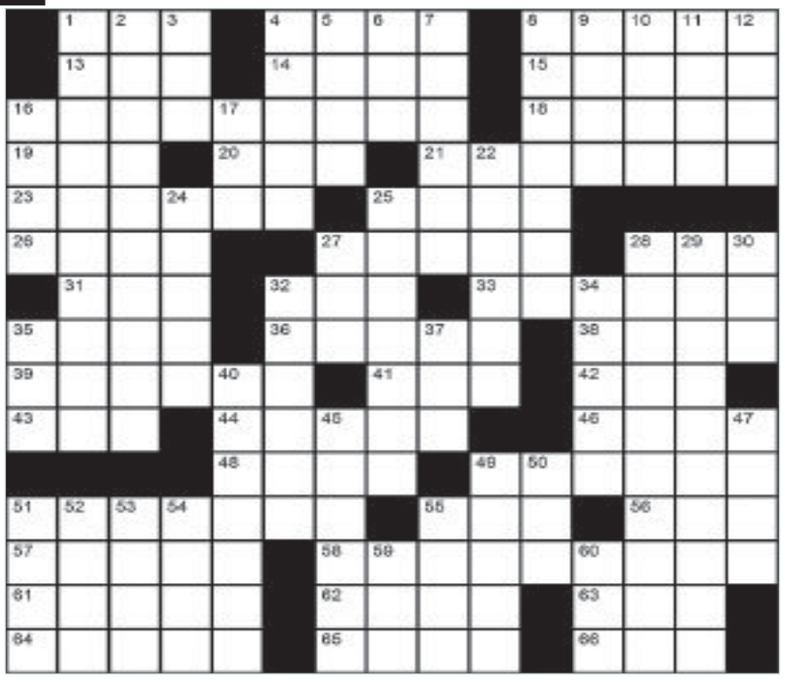
♑ Capricorn
Dec. 22 - Jan. 20
A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

♒ Aquarius
Jan. 21 - Feb. 19
You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

♓ Pisces
Feb. 20 - March 20
How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. SALLY BROMPTON

Crossword: Canada Across and Down

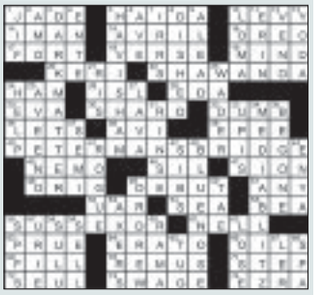
BY KELLY ANN BUCHANAN



Across
1. Pressure meas.
4. Research papers, e.g.
8. Coffee brand est. 1896 in Vancouver
13. Tsar's li'l land
14. Hawaiian island
15. Chicago's airport
16. Brad Pitt movie: 2 wds.
18. Aussie actress Ms. Wilson
19. "This __ _ recording..."
20. Dixie Cups song, when doubled
21. Unyielding
23. Financial magazine
25. Persia now
26. Past person of Peru
27. Calamari
28. William to Harry, for short
31. __ cake
32. __ Na Na
33. Old West hangout
35. Lettuce variety
36. "Shout" by The __ Brothers
38. Ms. Poehler's
39. Plane name
41. Belonging to the intl. org. based in NYC
42. Sports org.
43. Canonized titles [abbr.]
44. Legendary Canadian heavy metal band
46. Serene
48. Tightly stretched
49. Veer
51. Adele's Oscar-nominated song
55. 1990s trial Judge
56. Slang-style insult
57. Hammer _ __ in
58. Green Gables area of PEI
61. Montreal-born country singer Ms. Clark
62. "Get _ __ Up" by John Mellencamp
63. Some vowels
64. "You Won't __ __" by The Beatles
65. Bananarama song: "Robert De __'s Waiting"
66. __. _, "The A-Team" star

Down
1. Warden's worry: 2 wds.
2. Tea party items: 2 wds.
3. 'Book' suffix
4. Enjoys heavy metal
5. __ Alto, California
6. Wed.'s follower
7. Automaker of Japan
8. Rouyn-__, Quebec
9. "Cough..."
10. The Who's "__ O'Riley"
11. Lucy Liu's 'Kill Bill' role, _-__ Ishii
12. Fashion accessory
16. Minnie Mouse's pet dog
17. Fasten
22. Namesakes of Donald Duck's beloved
24. Disney deer
25. Nunavut's capital
27. Quietude requests, variantly
28. Canadian aircraft manufacturer
29. Typical item on Charles and Camilla's itinerary: 2 wds.
30. Offs opposites
32. Newfoundland attraction, __ Hill
34. Oprah's recent interviewee
35. Blues guitarist Mr. King's
37. Made-bigger pic
40. Cape Breton fiddler Ms. MacMaster
45. What Spock's father was
47. Fit
49. Prefix to 'saurus' (Plated-back dino)
50. Triumphed
51. TGIF followers
52. Human hinge
53. Handled easily, as a ship
54. Tom Cruise movie, "The __" (1993)
55. Folkie band, Bon __
59. CNN's Mr. Velshi
60. Built by a beaver

Yesterday's Crossword

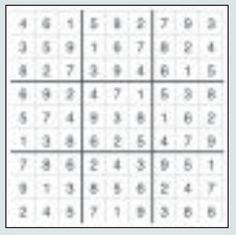


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8					4	9	2	
	5			8		3	1	
3			6					4
				6			5	8
		5				7		
2	9			7				
7					8			5
	4	9		3			7	
	6	8	1					3

Yesterday's Sudoku



Sharability

easy — hard

metro
WHAT NOT TO WEAR
metro
News worth sharing.
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